Irish Open LC National Championships
National Aquatic Centre, Dublin
24th – 27th April, 2014

MEET CONDITIONS

Meet Host:	Irish Amateur Swimming Association / Swim Ireland
Approval By:	This meet is a FINA approved qualification meet
Conditions of Sanction:	This competition is certified generally in accordance with FINA rules and under the event regulations of Swim Ireland.
Meet Location:	National Aquatic Centre, Dublin
Pool Specifications:	50 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. Warm-up/swim-down pool also available during the meet.
Meet Type:	Open National Championships, 50m Senior Meet. There will be semi finals for all 50m and 100m; A and B finals for 200m and 400m individual events. The 800m and 1500m events will be Timed Finals with the fastest heat swimming in the finals session
Equipment:	Omega electronic timing system with integrated Hy-tek software.
Session Times:	Session 1: Thursday 24th April Warm-up 8.00am; Competition 9.45am Session 2: Thursday 24th April Warm-up 4.15pm; Competition 5.30pm Session 3: Friday 25th April Warm-up 8.00am; Competition 9.45am Session 4: Friday 25th April Warm-up 4.15pm; Competition 5.30pm Session 5: Saturday 26th April Warm-up 8.00am; Competition 9.45am Session 6: Saturday 26th April Warm-up 4.15pm; Competition 5.30pm Session 7: Sunday 27th April Warm-up 8.00am; Competition 9.45am Session 8: Sunday 27th April Warm-up 3.15pm; Competition 4.30pm
Eligibility:	Open to all current Swim Ireland registered competitive members who achieve the qualification standards (page 8). Entry Standards must have been achieved in Open Competition in the preceding fifteen months (i.e. since 24th January 2013). Only times which appear on the national database will be accepted. Times not appearing on the national database must be verified by providing a copy of the meet results, signed by the Lead Referee for the event. A fine of €50 will apply to swimmers who fail to achieve the standard for the entered event and who cannot provide proof that they achieved the standard for the event since the required date. Entries will also be accepted from foreign swimmers. Foreign swimmers are not eligible for awards and will receive commemorative medals for top 3 placings. Members of other federations may be required to verify their age by presenting their passports. There will be a maximum of 4 foreign swimmers permitted to swim in each final (A & B final where applicable).
Disability Swimming:	Entry to this meet is at the discretion of the Head of Paralympic Swimming. Please be aware that Disability swimmers are only eligible to enter events that are listed for their classification at Paralympic Games. In order to enter any other events, swimmers MUST have the qualification standards.
Seeding:	Seeding for lane placing will be based on entry times using the Hy-tek software. In accordance with FINA regulations the following shall apply: SW 3.1.1.1 If one heat, it shall be seeded as a final and swum only during the final session. SW 3.1.1.2 If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc. SW 3.1.1.3 If three heats, the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc. SW 3.1.1.5 Exception: When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three. B Finals: There shall be no "B" finals in any events with less than 20 entrants. If following withdrawals there are less than 6 swimmers remaining in the "B" final, then the "B" final will not be swum. Semi-Finals: If there are less than 13 entrants in an event, then preliminary heats will be swum and the fastest 10 swimmers will advance to the final – there will be no semi-finals.

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Entry Limit:	There will be no entry limit for this event.
Entry Conditions:	It will be a condition of entry that all Irish swimmers must have a valid Swim Ireland Registration No. for the 2013/2014 season. These registration numbers must be provided with entries (both paper and Hy-Tek). Foreign swimmers are also required to provide proof of membership with their National Federation at time of entering.
Technical Meeting:	Technical meeting will take place on Wednesday 23rd April, time and location TBC. All withdrawals for the first session must be made at the technical meeting. Withdrawals for all subsequent sessions can be made before 4.30pm on the previous day. Attendance at this meeting is mandatory for each club. Failure to be represented will result in a €100 fine for the club in question.
Scratches:	Failure to withdraw from a heat or timed final will be subject to a €50 fine. Withdrawals from semi-finals or finals must be made within 30 minutes from the announcement of the semi-final or final, otherwise swimmers will be subject to a €50 fine. A swimmer who has to withdraw due to medical grounds will not be subject to a fine if they can provide a doctors certificate within 72 hours. Scratching with a medical cert will apply for the remainder of the competition.
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2014 IRISH LC NATIONALS". *If entries are made by Hy-tek it is not necessary to post entry forms.*
Entry Deadline:	Tuesday 1st April, 2014 for Hy-tek and Paper entries. Payments should be received by Friday 4th April
Entry Fees:	Individual entries cost €8.00 per event. Relay entries cost €32.00 per event. (STG exchange rate is £0.8285 as at 7th March 2014) No entry will be processed until the appropriate fee has been received at the Swim Ireland Office. Payment options are detailed in the Entry Summary Sheet.
Distance Events:	800m & 1500m Freestyle events will be Timed Finals with the Fastest Heat swimming in the finals session.
Relay Entries:	Clubs are permitted to enter more than one relay team per event. The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Swim Office Table no later than 60 minutes before the start of the session in which the race takes place. Failure to do so will be subject to a fine of €50 without exception and disqualification of the relay team. The swimmers may change between heats and finals. All competing swimmers must be entered in the meet (*even if they are not swimming in individual events*). Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with FINA Rule SW 10.12.
Scoring:	There will be no scoring for this event.
Awards:	Medals are awarded for top-3 placings and top-3 Irish placings should these be different. All swimmers should be properly attired in a tracksuit or t-shirt and shorts with footwear for medal ceremonies.
Swimwear:	All swimmers must abide by the FINA rules regarding swimwear.
Warm-Up Schedule: Warm-up will be mixed. Morning Sessions: 90 minutes duration Evening Sessions: 60 minutes duration	The initial part is a general warm-up as follows: LANE 1 Push off 50s or 100s pace (Circle swimming) 2 Push off 50s or 100s pace (Circle swimming) 3 Swimming and pulling only (push off) 4 Swimming and pulling only (push off) 5 Swimming and pulling only (push off) 6 Swimming and puling only (push off) 7 Swimming and pulling only (push off) 8 Swimming and pulling only (push off) 9 Push off 50s or 100s pace (Circle swimming) 10 Push off 50s or 100s pace (Circle swimming) The final 30 minutes is a controlled warm-up as follows: LANE 1 Racing start one length only 2 Push off 50s or 100s pace (Circle swimming) 3 Push off 50s or 100s pace (Circle swimming) 4 Swimming and pulling only (push off) 5 Swimming and pulling only (push off) 6 Swimming and pulling only (push off) 7 Swimming and pulling only (push off) 8 Push off 50s or 100s pace (Circle swimming) 9 Push off 50s or 100s pace (Circle swimming) 10 Racing start one length only

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Rules:	Swim Ireland rules govern this event. Referee's decision is final in all instances subject to complaints and protests as outlined below.
Complaints & Protests	A Team leader or Club Coach may ask a referee to explain a decision involving a DQ or other matter. Such requests must be made only to the Referee and not to any other meet official. If the team leader or club coach is not satisfied with the explanation he/she may then protest the decision, subject to FINA Rules. Where a Protest is made concerning the outcome of a final then the awards for that event will be held until the Protest is heard. If conditions causing a potential protest are noted prior to the event any protest must be lodged before the signal to start is given. Protests involve a formal procedure and may be made in accordance with FINA Rule GR 9.2. Protests are made to the Referee in writing. A protest may be made: ▪ If the officials have not observed the relevant FINA and Swim Ireland rules and regulations for the conduct of the competition or have misinterpreted such rules or regulations. ▪ If conditions endanger the competitors or the competition ▪ A protest may be made against a decision of the referee; however, no protest shall be allowed against decisions of fact. The protest must be made within 30 minutes of the end of the respective heats or finals session in which the matter giving rise to the protest took place. The protest must be made in writing to the referee, and accompanied by a fee of €50. The referee will either uphold or reject the protest and will give the decision in writing. If the protest is upheld, the fee will be returned and any DQ will be overturned. If the referee rejects the protest the fee is forfeit and any DQ will be confirmed. The rejection or upholding of a protest by the referee may be appealed to a Jury of Appeal whose decision is final. Under FINA Rules the matter ends with the Jury of Appeal.
Accreditation:	Accreditation will be provided for Swimmers, Coaches, Team Managers and Officials Clubs are required to send photographs (electronically) for all swimmers, coaches and team managers that will be in attendance at the event. Each club will be entitled to a minimum of 1 coach and 1 team manager pass – additional will be given if there are more than 8 swimmers competing. **These pictures are required before the 11th April**. *Anyone who had their photograph taken or has sent them in electronically does not need to resubmit photographs.*
Photography	It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming will be in accordance with Swim Ireland Guidelines.
Officials:	All Irish clubs entering National meets must provide at least 1 meet official for every four swimmers entered (in a session), to a maximum of 3 officials per session. A roster will be issued to competing clubs. Officials must check-in with the meet organiser at least 45 minutes prior to the start of each session and should wear white trousers/shorts. T-shirts will be provided
Anti-Doping:	It is a condition of attending a Swim Ireland event that swimmers may be required to be tested for prohibited substances in accordance with the Irish Sports Council/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Irish Sports Council website.
Health & Safety:	Please refer to the Health & Safety guidelines at the back of this document and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.
Official Programme	Available for purchase at the event.
Hotel Accommodation:	Swim Ireland recommends the Carlton Hotel Group for all accommodation requirements. They offer great rates for swimming groups and have a range of B&B, full and half board packages. Please contact them directly, using the promotional code "SWIM" to avail of these deals. Carlton Hotel Blanchardstown, Church Road, Tyrrelstown, Dublin 15 T: +353 (0) 1 827 5696 F: +353 (0) 1 8275693 E: reservationsblanchardstown@carlton.ie W: www.carlton.ie
Further Information:	Niamh McDonnell/Pat Donovan Competition Coordinators Swim Ireland +353-1-6251142 entries@swimireland.ie

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ORDER OF EVENTS

Session 1: Thursday 25th April			Session 2: Thursday 25th April		
1	M	50m Breaststroke	11	M	1500m Freestyle (Fastest Heat)
2	W	50m Breaststroke	12	W	800m Freestyle (Fastest Heat)
3	M	200m Freestyle	1	M	Semi-Finals 50m Breaststroke
4	W	200m Freestyle	2	W	Semi-Finals 50m Breaststroke
5	M	100m Backstroke	5	M	Semi-Finals 100m Backstroke
6	W	100m Backstroke	6	W	Semi-Finals 100m Backstroke
7	M	200m Butterfly	3	M	B & A Final 200m Freestyle
8	W	200m Butterfly	4	W	B & A Final 200m Freestyle
9	M	4x100m FTR	7	M	B & A Final 200m Butterfly
10	W	4x100m FTR	8	W	B & A Final 200m Butterfly
11	M	1500m Freestyle (Slower heats)	1	M	Final 50m Breaststroke
12	W	800m Freestyle (Slower heats)	2	W	Final 50m Breaststroke
			9	M	4x100m FTR
			10	W	4x100m FTR
Session 3: Friday 26th April			**Session 4: Friday 26th April**		
13	M	100m Freestyle	19	M	Semi-Finals 50m Butterfly
14	W	100m Freestyle	20	W	Semi-Finals 50m Butterfly
15	M	100m Breaststroke	13	M	Semi-Finals 100m Freestyle
16	W	100m Breaststroke	14	W	Semi-Finals 100m Freestyle
17	M	400m Individual Medley	15	M	Semi-Finals 100m Breaststroke
18	W	400m Individual Medley	16	W	Semi-Finals 100m Breaststroke
19	M	50m Butterfly	17	M	B & A Final 400m Individual Medley
20	W	50m Butterfly	18	W	B & A Final 400m Individual Medley
21	M	4x200m FTR	5	M	Final 100m Backstroke
22	W	4x200m FTR	6	W	Final 100m Backstroke
			19	M	Final 50m Butterfly
			20	W	Final 50m Butterfly
			21	M	Final 4x200m FTR
			22	W	Final 4x200m FTR

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Session 5: Saturday 27th April			Session 6: Saturday 27th April		
23	W	400m Freestyle	14	W	Final 100m Freestyle
24	M	400m Freestyle	13	M	Final 100m Freestyle
25	W	100m Butterfly	16	W	Final 100m Breaststroke
26	M	100m Butterfly	15	M	Final 100m Breaststroke
27	W	200m Backstroke	23	W	B & A Final 400m Freestyle
28	M	200m Backstroke	24	M	B & A Final 400m Freestyle
29	W	4x100m MTR	25	W	Semi-Finals 100m Butterfly
30	M	4x100m MTR	26	M	Semi-Finals 100m Butterfly
			27	W	B & A Final 200m Backstroke
			28	M	B & A Final 200m Backstroke
			29	W	Final 4x100m MTR
			30	M	Final 4x100m MTR

Session 7: Sunday 28th April			Session 8: Sunday 28th April		
31	W	200m Individual Medley	33	W	Semi-Finals 50m Backstroke
32	M	200m Individual Medley	34	M	Semi-Finals 50m Backstroke
33	W	50m Backstroke	39	W	1500m Freestyle (Fastest Heat)
34	M	50m Backstroke	38	M	Semi-Finals 50m Freestyle
35	W	50m Freestyle	37	W	Semi-Finals 50m Freestyle
36	M	50m Freestyle	40	M	800m Freestyle (Fastest Heat)
37	W	200m Breaststroke	35	W	B & A Final 200m Individual Medley
38	M	200m Breaststroke	36	M	B & A Final 200m Individual Medley
39	W	1500m Freestyle (Slower heats)	39	W	B & A Final 200m Breaststroke
40	M	800m Freestyle (Slower heats)	40	M	B & A Final 200m Breaststroke
			25	W	Final 50m Backstroke
			26	M	Final 50m Backstroke
			25	W	Final 100m Butterfly
			26	M	Final 100m Butterfly
			37	W	Final 50m Freestyle
			38	M	Final 50m Freestyle

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QUALIFICATION STANDARDS

Male		Event	Female	
SC	LC		LC	SC
25.84	26.36	50 Freestyle	29.36	28.78
56.03	57.15	100 Freestyle	1.04.10	1.02.84
2.04.45	2.06.94	200 Freestyle	2.19.48	2.16.75
4.30.34	4.35.75	400 Freestyle	4.55.80	4.50.00
9.30.00	9.41.24	800 Freestyle	9.59.18	9.47.43
17.43.63	18.04.90	1500 Freestyle	19.25.01	19.15.00
29.53	30.12	50 Backstroke	34.36	33.69
1.05.16	1.06.46	100 Backstroke	1.13.13	1.11.70
2.22.16	2.25.00	200 Backstroke	2.37.61	2.34.52
32.10	32.74	50 Breaststroke	38.37	37.62
1.12.61	1.14.06	100 Breaststroke	1.23.21	1.21.58
2.43.05	2.46.31	200 Breaststroke	3.01.09	2.57.54
27.65	28.20	50 Butterfly	31.45	30.83
1.02.00	1.03.24	100 Butterfly	1.10.50	1.09.12
2.22.65	2.25.50	200 Butterfly	2.35.23	2.32.19
2.20.70	2.23.51	200 I.M.	2.36.12	2.33.06
4.57.78	5.03.74	400 I.M.	5.35.10	5.28.53

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MALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME *(Print)*:_____ Swim Ireland Reg No._____

CLUB (*Print*):_____Date of Birth:_____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
1	50m Breaststroke		
3	200m Freestyle		
5	100m Backstroke		
7	200m Butterfly		
11	1500m Freestyle		
13	100m Freestyle		
15	100m Breaststroke		
17	400m Ind. Medley		
19	50m Butterfly		
24	400m Freestyle		
26	100m Butterfly		
28	200m Backstroke		
32	200m Ind. Medley		
34	50m Backstroke		
36	50m Freestyle		
38	200m Breaststroke		
40	800m Freestyle		

**Entry Standards must have been achieved in Open Competition in the preceding twelve months.*

I certify that the above information is correct: _____
(Club Secretary)

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FEMALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME *(Print)*:_____ Swim Ireland Reg No._____

CLUB (*Print*):_____Date of Birth:_____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
2	50m Breaststroke		
4	200m Freestyle		
6	100m Backstroke		
8	200m Butterfly		
12	800m Freestyle		
14	100m Freestyle		
16	100m Breaststroke		
18	400m Ind. Medley		
20	50m Butterfly		
23	400m Freestyle		
25	100m Butterfly		
27	200m Backstroke		
31	200m Ind. Medley		
33	50m Backstroke		
35	50m Freestyle		
37	200m Breaststroke		
39	1500m Freestyle		

**Entry Standards must have been achieved in Open Competition in the preceding twelve months.*

I certify that the above information is correct:_____
(Club Secretary)

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RELAY & ENTRY SUMMARY SHEET

Event No.	Event	No. Teams to Enter
9	Men's 4 x 100m FTR	
10	Women's 4 x 100m FTR	
21	Men's 4 x 200m FTR	
22	Women's 4 x 200m FTR	
29	Women's 4 x 100m MTR	
30	Men's 4 x 100m MTR	

Relay Entries: _____ @ €32 Each = €_____

Individual Entries: _____ @ €8 Each = €_____

TOTAL AMOUNT ENCLOSED: €_____

CLUB:_____ CONTACT:_____

PHONE:_____ EMAIL:_____

Payment Options:
Please reference all payments as "2014 IRISH LC NATIONALS" and include club details.

Bank Transfer:
Swim Ireland, National Irish Bank, 27 College Green, Dublin 2
Bank Account Number: 51054805
Bank Sorting Code: 95-15-01
IBAN: IE07DABA 9515 0151 0548 05
BIC/SWIFT: DAVA IE2D

Cheque/Postal Order:
Made payable to Swim Ireland

Credit Card:
Credit card payments can be made over the phone by calling the Swim Ireland office at +353-1-6251142

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Swim Ireland Safety Statement - Issues

Safety is the responsibility of every individual involved in the sport.

Risks identified must be reported to either a Club or Meet Official and formally reported to the facility operator.

All accidents must be formally reported.

General

1) By Law all facilities are required to have a Safety Statement in operation. Clubs and Meet Organisers should satisfy themselves that this is the case.
2) Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
3) ALL volunteers who work/help at Swim Ireland events are advised to read the Swim Ireland Safety Statement which is available upon request from the Office.

Clubs

1) All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
2) It is recommended that clubs identify risks and formally report them in writing to the relevant personnel at the facility.

All Meets
(Club, Regional and National)

1) Following a meet at which an incident/accident occurred, the Organiser and Race Referee must complete a Meet Accident Report Form and include their contact details.
2) All who attend meets are urged to report any accidents to either the Meet Organiser who immediately reports to the Race Referee or to the Referee directly. Where an accident occurs, Swim Ireland must be informed as soon as possible with a full report presented.
3) "Safety at Swim Meets" must be included in all Programmes for all Meets run under Swim Ireland rules. It must also be read out at the start of every session with emphasis placed on item 3 above.
4) Officials should be advised by the Race Referee to report any concerns they have over possible risks at the facility and to ensure that reporting procedures are followed.
5) Under FINA Law the Referee is in total control of all persons attending the meet and the Referee should take all reasonable steps to ensure their safety.

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Safety at Swim Meets

All accidents, however minor must be reported, in writing, to Swim Ireland.

We would ask the co-operation of swimmers, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

1. **General*;***

i. Everyone attending Meets must familiarise themselves with the locations and operation of emergency exits.

ii. Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.

iii. All persons attending Meets must take all steps to ensure their own safety and the safety of others.

iv. All walkways must be kept clear of bags, equipment, etc.

2. **Starting*;***

i. It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are sufficiently competent to dive start from competition starting blocks. Alternatively, swimmers are reminded that they may start from the poolside.

ii. In the event of a false start, swimmers should perform a safe entry and Not fall into the water.

3. **Warm-Up;**

i. Swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others.

ii. The instructions of those in authority must be obeyed immediately.

iii. Swimmers are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.

iv. Do not start sprinting in a sprint lane until non-sprinting swimmers have cleared it.

v. On finishing a sprint immediately clear the way for the following swimmer(s).

4. **Around the Pool** (e.g. spectator area, foyer area, etc.)

i. Swimmers are not permitted to enter dry areas without first having changed and put on footwear.

ii. Where there is a balcony or rail - swimmers are not permitted to climb over it.

iii. Glass bottles are not permitted outside designated refreshment areas.

Thank you for your co-operation in making the Meets a safe experience for all.